

BIONIC BEATS

A Monthly Publication



Making Positive Impacts: Growing Our Bionic Family

Please welcome our new members to the team!

This December, Bionic welcomed many new clinics to our family! This extends the Bionic family to new states and a few locations in parts of states we haven't been able to help yet. We are lucky to add so many great people to our team. With the new clinics, we have opened a lot of new opportunities to serve new and returning patients at an even higher level.

One of the new opportunities is the elevation of Libbi Adkison to Cranial Program Manager. With Libbi in this position, we can expand our cranial services to a higher level than ever before. There are incredible opportunities for us to grow. But first, we needed to unify ourselves as one group, one family, one Bionic.

In early December, Bionic held a retreat at the esteemed Hachland Hills Retreat Center just outside of Nashville, TN. It was great to have so many people there and to meet and welcome some of the new members of the Bionic family. With our company spread across twelve states, it can be difficult to connect with others who are across the country from you. Retreats like this allow us to come together and grow as a family to help more people with their O&P services.

IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - *Making Positive Impacts*
- 2 - *Pet Spotlight*
- 3 - *Calendar/Recipe*
- 4 - *New Hire Spotlight*
- 5 - *Employee of the Month*

Bionic
...Step Ahead

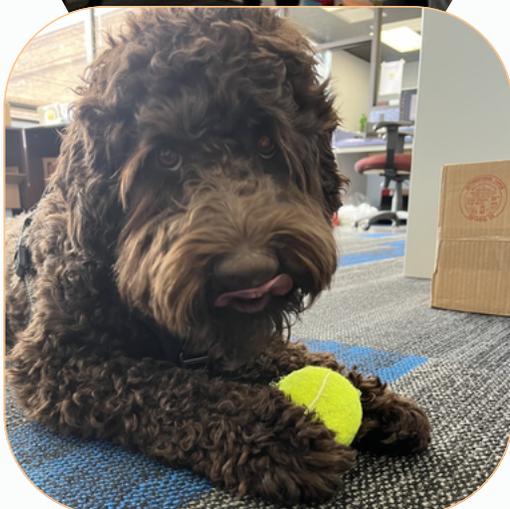
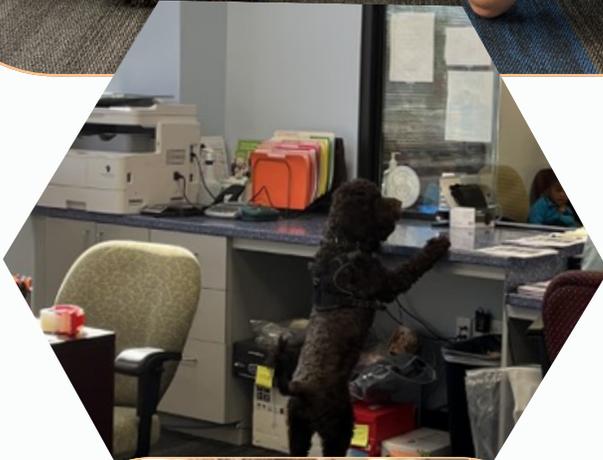
Bionic Pet Spotlight!

Otis

Breed: Aussie Doodle

Otis is the grand dog of Angie Myers from the Winston-Salem, NC office.

Here's what she had to say about Otis: "Otis is a court therapy dog for Jackson Count. He helps families in domestic violence situations and is wonderful with both children and adults. His dad was out of town a few weeks ago and was staying with me. He came by the office for a visit and was a big hit! It's awesome to see how people react to having a pet in the workplace. We see a lot of children in this office and it's a big distraction for them in what can be a stressful situation for children. We have family friend who is a pediatric dentist and they have a therapy dog. It's amazing how much that helps with kids' anxiety."



2023 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12 Cooper Proudfoot	13 Jeffery Wojtanowicz	14
15	16 Martin Luther King Jr. Day	17	18 Maria Villa Leanna Karis	19	20	21
22 Kara Burdsall	23	24 Jessica Krilich	25 Lisa Koch Salvador Robles	26	27	28
29	30 Jane Marlor	31 Gloria Loukota Mansilla	1	2	3	4

Vegetarian Firecracker Cauliflower



Ingredient list:

For the cauliflower:

- 2 large eggs
- 3 tbsp milk
- 1/2 cup whole wheat flour
- 1 cup whole wheat breadcrumbs
- 1/2 tsp garlic powder
- 1/4 tsp sweet paprika
- 1/4 tsp salt
- 1 large head cauliflower (about 2 and 1/2 pounds, cut into 1 and 1/2 to 2-inch pieces)

For the sauce:

- 1/2 cup honey
- 3 tbsp sriracha sauce
- 1 clove garlic (minced)
- 2 and 1/4 tsp rice vinegar
- salt (to taste)

For serving

- cooked rice
- green onions (thinly sliced)

Directions:

Preheat the oven to 400°F. Line a rimmed baking sheet with foil and then set an oven-safe metal cooling rack inside the baking sheet. Spray the rack with an oil mister or cooking spray and set aside.

Cauliflower:

- Lightly beat the eggs and milk in a small bowl until combined. In a shallow dish, add the flour, breadcrumbs, garlic powder, paprika, and salt. Mix to combine. Working with a few pieces at a time, dip the cauliflower into the egg mixture, shake off the excess, then place in the breadcrumb mixture, tossing to coat. Place the cauliflower on the prepared baking sheet in a single layer (you can put them close together). Once all the cauliflower is coated, spray it lightly with oil. Bake for about 20 to 25 minutes, until the coating is crispy and golden brown, and the cauliflower is tender but not mushy.

Sauce:

- While the cauliflower is baking, make the sauce. In a small bowl, whisk together the honey, sriracha, garlic, vinegar, and salt. Taste and add additional sriracha for more heat, if desired. Divide the rice into bowls and top with cauliflower. Drizzle the sauce over the cauliflower, and garnish with green onions. Serve with additional sauce on the side for dipping.



New Hires

JANUARY 2023

Telecia Williams

Clinic Office Administrator

Tinley Park, IL

Kayreen Sheen

Accounts Specialist

Daytona Beach, FL

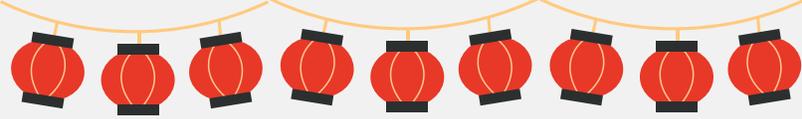
Denyse Roque

Clinic Office Administrator

Pembroke Pines, FL

**Please give a warm welcome
to the new Bionic family members from the new clinics as well!**





Winter Wellness Tips

Get outside often

It's easy to avoid going out in winter, but staying inside for days on end can increase the chance of getting sick. Choose a day when the sky is clear, dress warm, step out, and feel the winter sun.

Exercise

Winter can cause you to lose motivation when it's cold outside and the days are shorter. Choose a gym that is close to home or work and schedule in exercise like appointments. Or even dress warm and run in the cold!

Eat winter fruits and veggies

Keep out carbohydrate-laden foods (white bread, pasta) low and fill your plate with dark leafy greens, winter squash, and citrus/pomegranates. These foods are filled with antioxidants and fiber which increase your energy and reduce winter weight.

Protect your skin

Cold, dry air sucks moisture from our skin. Combine that with blasts of hot air and scratchy winter fabric, and it can do serious damage to your skin. Keep moisture locked in with moisturizer, drink plenty of water, and eat foods heavy in antioxidants and omega-3 fatty acids.

Keep a regular sleep schedule

Get up and go to bed at the same time regardless of the season. Restrict computer use and TV watching at night as well. The light from these can decrease sleep quality and quantity.

Stop colds in their tracks

Feel the cold coming on? Take care of yourself and use natural remedies in moderation to get ahead of the cold while you can. Make sure you eat some food with vitamin C and zinc to help boost your immunity to winter viruses.

Employee of the Month:



Alena Packer

"Alena takes the time to help with anything and everything. She is a jack of all trades and is very knowledgeable in what she does. Alena has run the HR department for a while now and maintains a lot of the everyday workflow at the business center. She has dipped into just about every department to help. She has been an IT guru and a leader to inspire others"

-Ebony Jessen

Holiday Dinners!

JANUARY 2023



Spirit Week

JANUARY 2023



Congratulations to our contest winners!

Lisa Koch

Victoria McLamb

Lynda Durand



**Thank you to everyone who
participated in Spirit Week!**

